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Tuesday, January 17, 2017 metro.us | t: MetroNewYork | f: MetroNewYork

CHRIS MESSINA GOES METHOD

For 'Live by Night,' the actor put on the pounds. 29

Crunch Time: 'Rim-shaker' Ron Baker gets start for Knicks. 39

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THE ART OF THE PROTEST

Photo exhibit documents NYC's recent history of street activism. 8-9

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WIFE OF ORLANDO NIGHTCLUB GUNMAN ARRESTED

Authorities have arrested the wife of the gunman who killed 49 people at an Orlando gay nightclub last year, the U.S. attorney general said on Monday. The arrest of Noor Salman came seven months after her husband Omar Mateen went on the rampage and was killed by police while holed up in the Florida club. Salman was arrested at her home outside San Francisco, the New York Times reported, citing an unnamed law enforcement official. She faces federal charges of obstruction of justice, and aiding and abetting the attempted provision of material support to a foreign terrorist organization, ABC News reported, citing the FBI and her lawyer. REUTERS

CHINA WILL ACT IF TRUMP CONTINUES ON TAIWAN

2 China will "take off the gloves" and take strong action if Donald Trump continues to provoke Beijing over Taiwan once he assumes office, two leading state-run newspapers said. In an interview with The Wall Street Journal published on Friday, Trump said the "One China" policy was up for negotiation. China's foreign ministry, in response, said "One China" was the foundation of China-U.S. ties and was non-negotiable. Trump broke with decades of precedent last month by taking a congratulatory telephone call from Taiwan President Tsai Ing-wen, angering Beijing which sees Taiwan as part of China. "If Trump is determined to use this gambit in taking office, a period of fierce, damaging interactions will be unavoidable, as Beijing will have no choice but to take off the gloves," the English-language China Daily said. REUTERS

WELCOME TO METRO.US!

JENNIFER LOGUE, NATIONAL TV EDITOR/ PHILLY FEATURES EDITOR

HBO premiered its newest original series, "The Young Pope," on Sunday night, starring Hollywood megastars Jude Law and Diane Keaton. Even with a solid cast and over-the-top set design, however, the much-hyped show falls flat. Find out why in our review.

metro.us/TV

GETTY IMAGES

5 THINGS YOU NEED TO KNOW

TURKISH CARGO JET CRASHES INTO KYRGYZ VILLAGE, 37 KILLED

5 A Turkish cargo jet smashed into a village in Kyrgyzstan on Monday as it tried to land at a nearby airport in dense fog, killing at least 37 people, Kyrgyz officials and the airline said. REUTERS

VIDEO OF MASSIVE GATOR IN FLA. NATURE RESERVE

KIM JOINER/ LAKELAND POLICE FACEBOOK

3 A massive alligator was spotted walking across an open pathway a few feet away from visitors at Circle B Bar Reserve in Lakeland, Florida. Lakeland Police told NBC 6 that the gator is real. The big gator is seen lumbering across a grassy path as spectators take photos. METRO

LAST PERSON TO WALK ON THE MOON DIES AT 82

4 Former U.S. astronaut Eugene Cernan, who became the last astronaut to walk on the moon in an experience that he said made him one with the universe, died on Monday at 82, the U.S. space agency said. Cernan, who also was one of the first men to go on a spacewalk, died surrounded by his family, the National Aeronautics and Space Administration said in a statement without giving details. Cernan and fellow Apollo 17 astronaut Harrison Schmitt became members of the most exclusive club in the universe on Dec. 11, 1972, when they stepped from their lunar landing module onto the moon's surface. Only 10 other people — all American astronauts — had done so before and none since. REUTERS

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2039

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New York City transit workers reach tentative contract deal with MTA

The city's subway and bus drivers will get above-inflation wage increases, union officials said.

AMANDA MIKELBERG
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MTA Chairman and CEO Tom Prendergast, left, shaking hands with John Samuelsen, president of the Transport Workers Union Local 100 on Monday. MTA/TWITTER

Transit workers gained their desired wage hike in a tentative contract agreement reached Monday with the MTA, their union president announced.

The contract for 38,000 union transit workers and another 6,000 others expired at midnight Jan. 15, after two months of negotiations that began with a rally outside MTA headquarters in November. The Transport Workers Union Local 100 pursued more than a 2 percent increase to wages they argued was commensurate with the improved economy and optimistic projections.

"We won a tentative contract with solid raises and other strong economic gains, moving transit workers well ahead of inflation and greatly improving their quality of life," TWU Local 100 President John Samuelsen said in a statement. "That was our goal. We achieved it."

Samuelsen shook hands with outgoing MTA Chairman Tom Prendergast around noon Monday signifying the agreement. The contract must now be ratified by the union and approved by the MTA Board.

"We're pleased to report that a tentative deal has been reached," the MTA stated. "This proposed contract … is responsive to the needs of the hard-working men and women in the TWU Local 100 and is an affordable agreement that can be accommodated within our financial plan."

The tentative agreement provides for a 28-month contract that reportedly includes two 2.5 percent wage increases over the first 26 months and a $500 bonus in the last two months.

Articulated bus drivers — the accordion buses — will receive an additional dollar per hour, ABC7 New York reported.

Better shoes and boots, as well as improved facilities for the 5,000 or so female transit workers, were also approved.

"We waged a multifaceted campaign that raised the awareness about the value transit workers have to this city, the dangerous nature of their work and the sacrifices they make to move eight million riders a day," Samuelsen said.

BOYCOTTING TRUMP

Two NYC pols say they'll skip Trump inauguration

Two New York City congressmen have joined a growing number of Democrats planning to boycott President-elect Donald Trump's inaugural celebration Friday.

Rep. Adriano Espaillat and Rep. Jerrold Nadler announced this week they will not attend the event in Washington, citing Trump's rhetoric and actions as their reasons.

Nadler issued a statement Monday that Trump's words and actions "have been so far beyond the pale."

Espaillat invoked Dr. Martin Luther King Jr.'s words in a Facebook post over the weekend ahead of the national day of service Monday dedicated to the civil rights activist: "Many have given their lives and dedicated their lives to working to fulfill Dr. King's dream and make it a reality, and it is up to us to preserve his legacy and the legacy of President Barack Obama to ensure that we do not go back in time!"

Espaillat and Nadler join three other New York State politicians — Rep. Jose Serrano, Rep. Yvette Clarke and Rep. Nydia Velazquez — and more than 25 legislators across the country who will not attend the inauguration.

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Saturday mornings at 9 a.m.
Saturday, February 4
Saturday, February 11
Saturday, March 25

Information sessions are held at 7 East 12th Street and at the Woolworth Building in lower Manhattan (15 Barclay Street).

For program and information session details, visit our website at **sps.nyu.edu/ali05** or email **ali@nyu.edu**.

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WEATHER AHEAD: MILD JANUARY, SO FAR

WEATHER TALK

MICHAEL FRIEDMANN
@WeatherTalk

GETTY IMAGES

Rugged New Yorkers that we are, we face our winters head-on. With studied resolve, we forge on, cocooned in all manner of stuffed nylon and wool, commiserating, slogging through our days and commutes.

But through our strength, we're philosophical about nature's visitations upon our city. So how about this January? Where is it on the "grumble meter"? Does it get a pass? I think it should! With dry streets, many mild days, we've barely made our January average for snow in Central Park, with little hope for much more.

Last January, we got walloped with the single-day record snowfall in the park, 27.3 inches! The crusty, slushy remains of the snowstorm stuck around for the rest of the month.

In January 2015, we endured 17 inches of snow, nearly 10 inches in one storm; in 2014, more than a foot and a half, with nearly a foot from one storm.

This month, all traces of our 5-inch snowfall on the Jan. 7 have been erased by two days of 60-degree warmth, including a record of 66 degrees last Thursday! Not bad!

This week, yet again, a storm born in Texas with Pacific jet stream help and Gulf of Mexico moisture will head for the Great Lakes by Wednesday. This storm — dubbed an "inside runner" because it tracks "inside," to our west, instead of out over the sea — will mean rain showers today into tonight and possibly on Wednesday.

We'll enjoy a nice January thaw all week: we can thank a stubborn ridge of upper air high pressure, centered between the Gulf and Caribbean, helping to deflect the coldest of the arctic air … for now.

Friedmann is a meteorologist with WRNN-TV/FiOS1 News. You can follow him at WeatherTalk@Twitter.com

Forecast for NYC

Today: Light rain becoming steady this afternoon into tonight; high 48.

Wednesday: Variable clouds, spotty showers, mild; low 43, high 51.

Thursday: Mostly sunny, becoming mild; low 36, high 51.

Friday: Clouding up late, light rain at night; low 34, high 46.

Saturday: Mostly cloudy, light rain; low 36, high 44.

Sunday: Partly sunny; low 33, high 46.

CONCERT SHOOTING

Taxtone arrested in connection with shooting at T.I. concert

A New York hip-hop personality was arrested Monday for his alleged involvement in a shootout at the Irving Plaza concert hall in May that left one man dead, police said.

Daryl Campbell, aka Taxtone, 31, was arrested in Brooklyn in connection with the May 25 shooting at the Manhattan hall before a rap concert by T.I. The violence left one man dead and the rapper Troy Ave with a gunshot wound to the leg.

Troy Ave, born Roland Collins, was arrested immediately following the shooting and charged with attempted murder, criminal possession of a weapon and reckless endangerment. He pleaded not guilty and was released on $500,000 bail.

Collins' bodyguard, Ronald McPhatter, 33, died in a hospital from his gunshot wounds.

The shooting happened in a green room shortly after 10 p.m. when a fistfight escalated into gunshots. Collins claimed he wrestled the gun away from the man who killed McPhatter and fired back in self-defense, authorities said.

Some reports indicated that Campbell, who hosts a podcast called "Tax Season," was seen fleeing after the shooting.

AMANDA MIKELBERG

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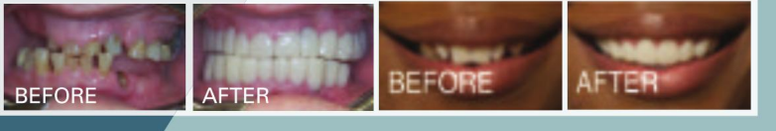

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Onlookers check out photos displayed outside the Bronx Documentary Center.

New exhibition protest photos

The exhibit features the work of 38 photographers.

WENDY JOAN BIDDLECOMBE
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As many New Yorkers prepare to participate in a massive demonstration in Washington during the inauguration of Donald Trump and during the Women's March the following day, organizers of a new photo exhibition in the Bronx are showcasing the city's rich history of protest and activism.

The exhibition, "Whose Streets? Our Streets!: New York City 1980-2000," features the work of 38 photographers who have captured street protests of the generation after the Vietnam War and before 9/11 and the rise of digital photography and social media.

"I think protest is likely to increase in number and intensity under a Trump administration," said co-curator Tamar Carroll, an assistant professor of history at the Rochester Institute of Technology. "There are already large protests planned for Inauguration Day, and we're likely to see more demonstrations."

Carroll and co-curator, Meg Handler, a photographer and former photo editor at the Village Voice, started working on the show in 2015 before a wave of protests began after Michael Brown and other black men were killed by the police.

"This project was conceived before the Black Lives Matter movement had taken off and raised important questions about police brutality," Carroll said. "I'm amazed at how relevant the issues of the show still are today."

There are pictures from well-known clashes, such as the three-day Crown Heights race riots in 1991, police evicting squatters from Tompkins Square Park in 1988

Comfort Eltosam and her 3-month-old, Elijah, view the new exhibition at the Bronx

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and protests following the police-shooting death of Amadou Diallo in 1999. Other photos are less familiar, and "not all progressive," Handler said.

Carroll pointed to one photograph taken in May 1990 by Ricky Flores, who grew up in the South Bronx. It depicts a white man holding up a watermelon in Bensonhurst.

She explained that the image was taken at a neighborhood counterprotest against the Rev. Al Sharpton, who had organized a protest after one of the white men accused of shooting and killing a 16-year-old black teen named Yusuf Hawkins was acquitted on a murder charge.

"Those photographs help make tangible how racist some New Yorkers were and still are," Carroll said. "A lot of people in the Northeast project racism on the South. [But] racism is a problem in New York, too, and that can help account for Trump's election, when you realize the extent and deepness of those feelings."

"Those photographs help make tangible how racist some New Yorkers were and still are."

Tamar Carroll

The photos also extend beyond the Bronx Documentary Center gallery. Pictures have been wheat-pasted on outdoor walls near the gallery with captions written in English and Spanish so that neighborhood residents can experience the exhibition even if they don't go inside.

'Whose Streets? Our Streets!'

"Whose Streets? Our Streets?" is free and runs through March 5 at the Bronx Documentary Center, 614 Courtlandt Ave. (at 151st Street). More information at **Whosestreets.photo.**

The Bronx Documentary Center is a nonprofit organization that photojournalist Mike Kamber started in 2011 as a way to provide media education to the underserved and growing South Bronx community.

Documentary Center. **ALL IMAGES WENDY JOAN BIDDLECOMBE**

Co-curators Meg Handler, left, and Tamar Carroll assembled the works of 38 photographers for the exhibit.

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Why Aren't Doctors Telling About These Two Often

Two Advanced Medical Treatments Every Knee Arthritis Sufferer

By *NY Pain MD*

***NY Pain MD* is a medical clinic with locations in Midtown NYC and Uptown NYC that has treated thousands of knee arthritis and joint pain patients.**

Here is what every knee arthritis sufferer should know about the best treatments and options available today. Including when and why you should consider each of these 2 treatment approaches to get maximum results.

If you suffer with knee or other join arthritis pain, you have probably already tried many treatments ... especially countless pain medications. Experienced doctors understand that, even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for knee arthritis pain... they are rarely the answer over the longer term.

In most cases they have minimal results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are There Any Better Options?

Thankfully, advancements in science and technology come extremely fast. And now there are two very good options for knee arthritis to help relieve the pain.

Two options that a lot of knee arthritis sufferers have never heard of.

Before we get into the two treatments, please understand this...

NY Pain MD is a well established medical clinic that has treated thousands of knee arthritis sufferers and joint and back pain sufferers. Patients travel from all over the area and even several states away from NYC to be treated at one of their clinics because they want the best medical treatments available. What you are about to discover are two REAL medical treatments. Not miracle cures you see on infomercials or non-medical treatments promoted on the internet.

Know this fact: There is no cure for arthritis. But there are these two treatments that have already helped thousands of knee arthritis sufferers - possibly just like you.

The first treatment is more common than the second. Even if you have heard of this treatment - or even tried it without good results - please read this. You will find out why it may not have worked for you and how you may be able to get much better results.

#1 Viscosupplementation

Viscosupplementation has gained quite a bit of popularity in recent years and it has gotten mixed results for a couple of reasons.

But before we get into that,here's what you need to know about viscosupplementation.

When you have arthritis, you suffer a decrease in the lubrication fluids in your knees.

In other words, your knee joints basically "dries up."

The lubricating fluid that decreases is called "synovial fluid." pharmaceutical companies (with the help of doctors) can now make ***natural*** synovial fluid gel-like compounds that, during viscosupplementation treatments. Doctors can precisely introduce directly into the knee and other joints.

This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected?

Like all medical treatments, the results vary and can not be predicted. But many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

But There Is A BIG Problem

The key is the treatment must be EXTREMELY PRECISE. If the procedure is slightly off, the medication will not get into the knee joint and the treatment will not work.

That's why the experts at ***NY Pain MD*** use Precision Arthritis Targeting Technology so they can actually see the lubricant going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without this technology can miss the joint as much as 30% of the time.

If you have tried viscosupplementation without this imaging technology without good results - this may be why.

That's why ***NY Pain MD*** takes it even one step further. They do not just use one step process of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different "brands" and chemical make-ups. Just like all medications, some people respond better to one than another. So, the experts at ***NY Pain MD*** use several and great effort is taken to figure out what is the best one for YOU.

One last thing: The experts at ***NY Pain MD*** have found that earlier you start Viscosupplementation the better.

This is most likely because the longer you wait - the more joint destruction takes place.

That's why ***NY Pain MD*** is now seeing so many patients as young as 35 to 40.

Summary: If you have knee arthritis pain and have not tried. Viscosupplementation you should look into it as soon as possible.

If you have tried it without good results. you may still be able to get great results with the proper imaging and specific medication.

What Should You Do If Viscosupplementation Fails?

When conservative treatment, including viscosupplementation fails ... most knee arthritis sufferers believe their only option is total knee replacement surgery.

This is not true...and here is why

There is another treatment for serious knee arthritis pain most people (and even doctors) do not know about.

#2: Radiofrequency Treatment

This treatment is technically called, "Radiofrequency Neurotomy." Or RF for short.

RF is a procedure that is based the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

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Knee Arthritis Sufferers Successful Treatments?

Needs To Know - Before Or After Knee Replacement Surgery

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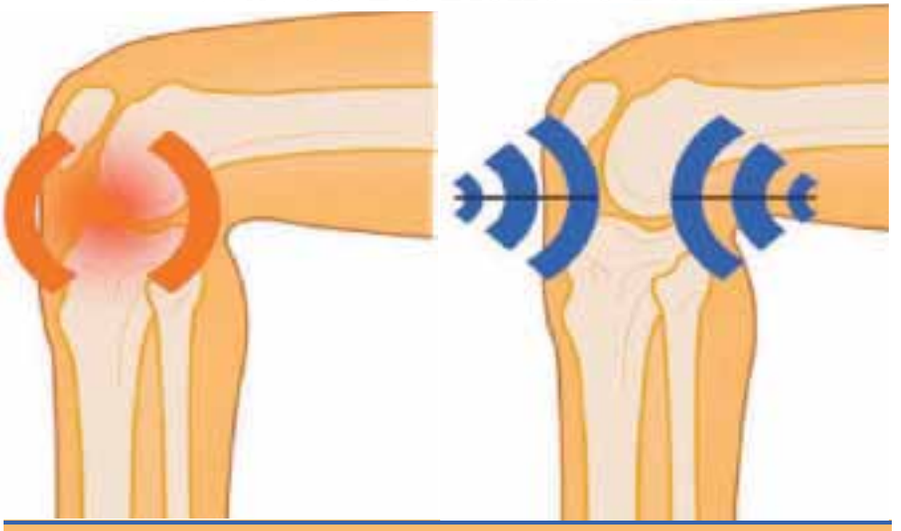

Science rescues knee arthritis sufferers?: **Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many. Many patients still in pain after a knee replacement may respond very well to these treatments allowing the possibility of avoiding additional surgery.**

Several branches of nerves that surround the knee are known as "genicular nerves."

Radiofrequency waves are delivered to the genicular nerves under advanced imaging to "block" the nerve from transmitting pain signals.

There are two distinct parts to this treatment. First, a test, diagnostic "G Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, then one to two weeks later, Radio Frequency waves are applied for term relief.

Is It Safe?

Research has shown this to provided significant relief for some patients. to procedure to be safe and effective.

One study published November 4, 2010 in the journal Pain found that RF treated subjects on average "achieved at least 50% knee pain relief at 1,4 and 12 weeks, respectively. No patient reported a post procedure adverse event during the follow-up period.

Some studies indiciate some patients may get years of relief in some cases. "RF neurotomy (radio frequency treatment) of genicular nerves leads to significant pain reduction and functional improvement in a subset of elderly chronic knee osteoarthritis pain, and thus may be an effective treatment in such cases."

It should also be mentioned that, like all procedures, results will vary patient to patient

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and viscosupplementation do not offer good enough results.

RF can be utilized before resorting to total knee replacement. RF allows many patients to avoid knee replacement surgery.

RF has also been found effective AFTER knee replacement surgery when the patient still feels pain.

The pain after a failed knee replacement surgery can be debilitating and this procedure can be the only thing that helps and give you relief.

What To Do Next If You Are In Pain

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof.

This way, the doctors working on your case can give you a proper examination and advise the best possible treatment plan for your individual case.

Several experts work as a team to offer you the best treatment options at the appropriate time to maximize results. It is also very convenient to have all your doctors and treatments in one place. Traveling to different offices can be time consuming and even more expensive.

NY Pain MD believes this "X" factor is one of the reasons so many knee arthritis sufferers travel from all over to be treated at their advanced medical clinics.

NY Pain MD offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their ques-tions answered and see if they are a candidate for one of the cutting-edge treatments offered at ***NY Pain MD***

If you would like a complimentary screening, just call 855-456-PAIN [7246] and tell the scheduling coordinator "I would like a complimentary knee arthritis screening." The screenings fill up fast every month. If you do not call in time to get one this month, the scheduling coordiantators will get you appointed for next month

This screening is no cost and no obligation. Many of the treatments offered are covered by many insurance plans and Medicare

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MTA looking for public feedback on LIRR Expansion Project proposal

LIRR Expansion Project YOUTUBE

The MTA is inviting New Yorkers to give feedback on a "completely different" LIRR expansion proposal, including a third LIRR track that won't result in residents along the route losing their homes.

There will be six hearings open to the public on the LIRR Expansion Project, "a new proposal to improve service options and reliability for hundreds of thousands of customers, reduce automobile traffic congestion, and improve safety and quality of life for people in the project corridor," the MTA announced on Monday.

"When Gov. Cuomo first announced this much-needed new project to enhance LIRR service, he promised an unprecedented level of public engagement to ensure that we are meeting the needs of the community and riders," MTA Chairman and CEO Thomas F. Prendergast said.

"We have kept that promise and have also made numerous other significant commitments in response to public input — all to minimize impacts to local neighbors. We are continuing to listen to the public and I encourage regional commuters and local residents alike to come out to our hearings."

The LIRR Expansion Project team says the proposal includes:

- No residential property acquisitions.
- Eliminating all grade crossings within the 9.8 mile project corridor.
- Building sound walls to reduce noise.
- Station upgrades.
- Additional parking.
- Increased reliance on private construction industry expertise to minimize construction duration, impacts and cost.
- Unprecedented level of public outreach.

There will be two meetings on each day from 11 a.m. to 2 p.m. and 6 p.m. to 9 p.m. Wednesday's meetings will be held at the Yes We Can Community Center, 141 Garden Street, Westbury; Thursday's meetings will be held at the Mack Student Center at Hofstra University and the two meetings on Friday will be at The Inn at New Hyde Park.

For more information, visit Amodernli.com/

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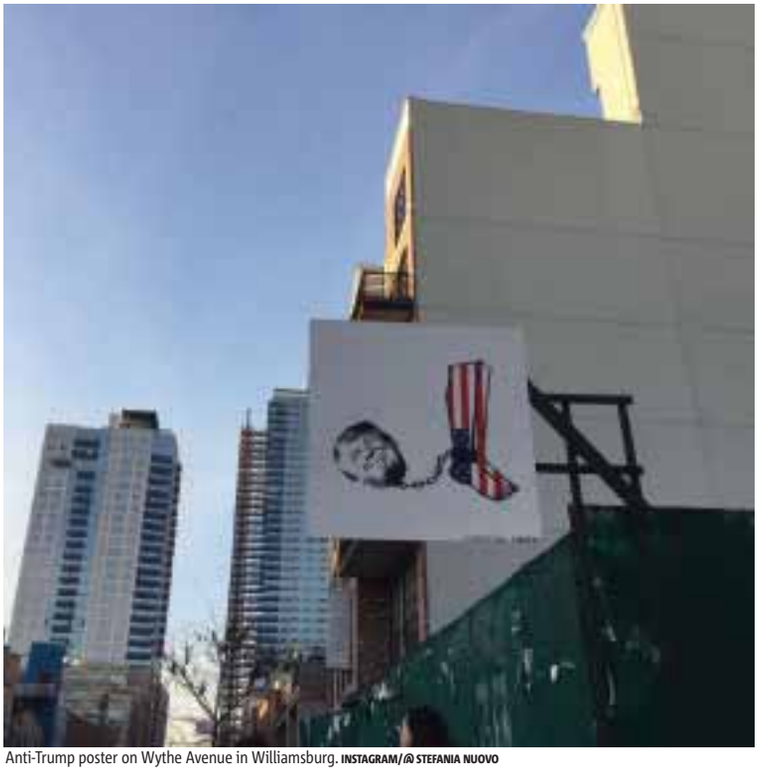

Anti-Trump poster on Wythe Avenue in Williamsburg. INSTAGRAM/@STEFANIA NUOVO

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MLK memorial

Christopher Kaufman, left, and Desiree Perez visit the Martin Luther King Jr. memorial on the day that honors him on Monday in Washington, D.C. Martin Luther King day is a national holiday that observes the birthday of the civil rights icon and is a way to remember all that he accomplished. GETTY IMAGES

CROWLEY OUT

Transition official: Trump pick for NSC post Crowley to step down

Monica Crowley, the foreign policy adviser tapped for a White House job under President-elect Donald Trump, will relinquish the post, a transition official told Reuters on Monday.

Crowley had been chosen to serve as senior director of strategic communications at the National Security Council. Her appointment had been shadowed by reports of plagiarism in news outlets including CNN and Politico.

"After much reflection I have decided to remain in New York to pursue other opportunities and will not be taking a position in the incoming administration," she said in a statement quoted by the Washington Times.

"I greatly appreciate being asked to be part of President-elect Trump's team and I will continue to enthusiastically support him and his agenda for American renewal."

A CNN review found this month that Crowley plagiarized thousands of words of her 2000 dissertation for her Columbia University Ph.D.

In addition, Politico reported that it found more than a dozen examples of plagiarism in Crowley's Ph.D. dissertation.

She had been hired to work for Trump's national security adviser, retired General Michael Flynn, who said in a statement quoted by The Times that he will miss the opportunity to have Crowley on his team. REUTERS

Germany says NATO concerned about Trump 'obsolete' remark

German Foreign Minister Frank-Walter Steinmeier GETTY IMAGES

Trump, who is due to be sworn in as president on Friday, said NATO was obsolete because it had not defended against terrorist attacks.

Germany's Foreign Minister said on Monday that U.S. President-elect Donald Trump's comments that NATO was obsolete had aroused concern across the 28-member alliance.

Frank-Walter Steinmeier, speaking after a meeting with alliance Secretary-General Jens Stoltenberg in Brussels, said Trump's remarks contradicted views expressed by designated Defense Secretary James Mattis. He spoke also of "amazement".

"I've spoken today not only with EU foreign ministers but NATO foreign ministers as well and can report that the signals are that there's been no easing of tensions," Steinmeier told reporters when asked about Trump's interview with Bild newspaper and the Times of London.

He said also he had always had "great respect" for German Chancellor Angela Merkel, but criticized her 2015 decision to allow in a wave of a million migrants as a "catastrophic mistake" that opened the door to terrorist attacks.

U.S. Secretary of State John Kerry said it was "inappropriate" for Trump to weigh directly into the politics of another country by his remarks.

"Obviously the comments from President-elect Trump, that he views NATO as obsolete, were viewed with anxiety."

Steinmeier

"He will have to speak to that, as of Friday he is responsible for that relationship."

NATO has been seen since the 1950s as the keystone of western European defenses, extending its zone of activity in the post-Cold War period to the borders of Russia - much to Russia's chagrin. The alliance's founding treaty commits members to consider an attack on any one state as an attack on all.

A Kremlin spokesman said he agreed with Trump that NATO, characterized by Russian officials as a hostile remnant of the Cold War, was obsolete.

Germany's transatlantic coordinator, Juergen Hardt, told Reuters he did not expect Congress to allow Washington to give up its leadership role in NATO.

He said key U.S. lawmakers, including Senate Armed Services Committee Chairman John McCain, had told him several weeks ago they expected Washington to remain a reliable partner in the 28-nation bloc, and he did not expect Trump to reverse the deployment of 4,000 U.S. troops to Poland. REUTERS

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Hundreds of US Marines land in Norway, irking Russia

Some 300 U.S. Marines landed in Norway on Monday for a six-month deployment, the first time since World War Two that foreign troops have been allowed to be stationed there, in a deployment which has irked Norway's Arctic neighbor Russia.

Officials played down any link between the operation and NATO concerns over Russia, but the deployment coincides with the U.S. sending several thousand troops to Poland to beef up its Eastern European allies worried about Moscow's assertiveness.

Marines from Camp Lejeune in North Carolina landed at a snow-covered Vaernes airport near Trondheim, Norway's third-largest city, where temperatures were reaching 28 degrees.

U.S. troops are to stay in Norway for a year, with the current batch of Marines being replaced after their six-month tour is complete.

A spokesman for the Norwegian Home Guards, who will host the Marines at the Vaernes military base, about 900 miles from the Russian border, said the U.S. troops will learn about winter warfare.

"For the first four weeks they will have basic winter training, learn how to cope with skis and to survive in the Arctic environment," said Rune Haarstad, a Home Guard spokesman. "It has nothing to do with Russia or the current situation."

In March the Marines will take part in the Joint Viking exercises, which will also include British troops, he added.

The Russian Embassy in Oslo did not immediately reply to a request for comment by Reuters on Monday. It questioned the need for such a move when it was announced in October. REUTERS

U.S. Marines walk after landing in Stordal, Norway. GETTY IMAGES

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Martin Luther King's daughter says 'God can triumph over Trump'

Martin Luther King's daughter said Monday that "God can triumph over Trump," but the slain civil rights leader's son struck a conciliatory tone after meeting with the president-elect on the U.S. holiday that honors their father.

The comments by the children of King, who championed racial justice until he was assassinated in 1968 at the age of 39, punctuated an imbroglio involving Donald Trump and African-American Congressman John Lewis that broke out over the weekend.

The dispute started when Lewis, 76, a contemporary of King's who endured beatings and jail time in the civil rights movement of the 1960s, said in a televised interview that he saw Trump's election as illegitimate because of Russian interference in the campaign. That drew a scornful response from Trump.

Bernice King, King's youngest daughter, told a gathering at Ebenezer Baptist Church in Atlanta not to give up hope and "Don't be afraid of who sits in the White House."

"God can triumph over Trump," she said, drawing a standing ovation, one of several times she was interrupted by thunderous applause.

The service at the church where King once preached takes place every year on Martin Luther King Jr. Day, a federal holiday honoring his life. This year the holiday fell days before Barack Obama ends his second term as the country's first African-American president. Trump takes the oath of office as his successor Friday.

Bernice King GETTY IMAGES

Obama and first lady Michelle Obama spent part of their last MLK Day in office helping paint a mural in the "community room" of a Washington shelter, to which they donated a play set used by their daughters when they arrived at the White House in 2009. REUTERS

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Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$368	3	→	1 person	$14,503 - $19,050
1 bedroom	$395	4	→	1 person	$15,498 - $19,050
				2 people	$15,498 - $21,750
2 bedroom	$482	3	→	2 people	$18,515 - $21,750
				3 people	$18,515 - $24,480
				4 people	$18,515 - $27,180
3 bedroom	$551	1	→	3 people	$21,463 - $24,480
				4 people	$21,463 - $27,180
				5 people	$21,463 - $29,370
				6 people	$21,463 - $31,530

40% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$519	3	→	1 person	$19,680 - $25,400
1 bedroom	$558	5	→	1 person	$21,086 - $25,400
				2 people	$21,086 - $29,000
2 bedroom	$676	6	→	2 people	$25,166 - $29,000
				3 people	$25,166 - $32,640
				4 people	$25,166 - $36,240
3 bedroom	$775	2	→	3 people	$29,143 - $32,640
				4 people	$29,143 - $36,240
				5 people	$29,143 - $39,160
				6 people	$29,143 - $42,040

50% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$670	3	→	1 person	$24,858 - $31,750
1 bedroom	$720	6	→	1 person	$26,640- $31,750
				2 people	$26,640 - $36,250
2 bedroom	$870	5	→	2 people	$31,818 - $36,250
				3 people	$31,818 - $40,800
				4 people	$31,818 - $45,300
3 bedroom	$1000	2	→	3 people	$36,858 - $40,800
				4 people	$36,858 - $45,300
				5 people	$36,858 - $48,950
				6 people	$36,858 - $52,550

60% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
Studio	$822	1	→	1 person	$30,069 - $38,100
1 bedroom	$882	8	→	1 person	$32,195 - $38,100
				2 people	$32,195 - $43,500
2 bedroom	$1,065	40	→	2 people	$38,503 - $43,500
				3 people	$38,503 - $48,960
				4 people	$38,503 - $54,360
3 bedroom	$1,224	7	→	3 people	$44,538 - $48,960
				4 people	$44,538 - $54,360
				5 people	$44,538 - $58,740
				6 people	$44,538 - $63,060

100% AREA MEDIAN INCOME (AMI) UNITS

Unit Size	Monthly Rent[1]	Units Available		Household Size[2]	Annual Household Income[3] (Minimum – Maximum)[4]
1 bedroom	$1,254	2	→	1 person	$44,949 - $63,500
				2 people	$44,949 - $72,500
2 bedroom	$1,511	4	→	2 people	$53,795 - $72,500
				3 people	$53,795 - $81,600
				4 people	$53,795 - $90,600
3 bedroom	$1,740	2	→	3 people	$62,229 - $81,600
				4 people	$62,229 - $90,600
				5 people	$62,229 - $97,900
				6 people	$62,229 - $105,100

[1] Rent includes gas for cooking.

[2] Household size includes everyone who will live with you, including parents and children. Subject to occupancy criteria.

[3] Household earnings includes salary, hourly wages, tips, Social Security, child support, and other income. Income guidelines subject to change.

[4] Minimum income listed may not apply to applicants with Section 8 or other qualifying rental subsidies. Asset limits also apply.

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When is the Deadline?

Applications must be postmarked or submitted online no later than **March 15, 2017**. Late applications will not be considered.

What Happens After You Submit an Application?

After the deadline, applications are selected for review through a lottery process. If yours is selected and you appear to qualify, you will be invited to an interview to continue the process of determining your eligibility. Interviews are usually scheduled from 2 to 10 months after the application deadline. You will be asked to bring documents that verify your household size, identity of members of your household, and your household income.

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21 New York Tuesday, January 17, 2017

Istanbul New Year's nightclub attacker caught

The gunman suspected of killing 39 people in an Istanbul nightclub on New Year's Day has been caught by police in the city's Esenyurt district, the Hurriyet newspaper website and other media reports said on Tuesday.

The man, who media quoted police as saying had operated under the cover name Abu Muhammed Horasani, was caught in a hideout with his four-year-old son, Hurriyet said. The reports could not immediately be confirmed.

Dozens of people have previously been detained in connection with the attack for which Islamic State has claimed responsibility, saying it was revenge for Turkish military involvement in Syria.

On Jan. 1, the attacker shot his way into the Reina nightclub then opened fire with an automatic rifle, reloading his weapon half a dozen times and shooting the wounded as they lay on the ground.

The Turkish national flag is hung over a police sign. GETTY IMAGES

Turks as well as visitors from several Arab nations, India and Canada were among those killed in the attack.

Horasani was described as being of Uzbek origin by the Haberturk website, which said he was caught at a housing complex in Esenyurt district, on the European side of the city.

There were three people in the apartment where he was caught, the home of a Kyrgyz friend of his to which he had gone three days earlier, Haberturk said.

According to state-run Anadolu news agency, five people were detained in the operation, including the alleged perpetrator, a man of Kyrgyz origin and three women. It said simultaneous raids were being conducted on other cells linked to the group.

The shooting in Istanbul's Ortakoy neighborhood, an upscale district on the Bosphorus shore, came after a year in which NATO member Turkey was shaken by a series of attacks by radical Islamist and Kurdish militants and by a failed coup.

One security source said in the wake of the attack that the gunman appeared to have been well-versed in guerrilla warfare and may have trained in Syria. REUTERS

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Paul Fredrick

At least five dead in shooting at Mexico's BPM music festival

The BPM festival, which was entering its 10th year, has grown to be one of the biggest electronic music events in the world.

Mexican police agents patrol near a nightclub in Playa del Carmen, Quintana Roo state, Mexico, where at least five people were killed. GETTY IMAGES

At least five people, including four foreigners, were killed and 15 were wounded early on Monday when a shooter opened fire at a nightclub in Mexico's Playa del Carmen resort during the BPM electronic music festival, state officials said.

Quintana Roo State Attorney General Miguel Angel Pech told a press conference that two Canadians, an Italian and a Colombian were killed. A woman died in the stampede to exit the club.

Pech said the incident began when a person entered the Blue Parrot nightclub armed around 3 a.m. on Monday morning, during the closing of the festival. Another person tried to stop the person, sparking a gunfight that drew in security staff.

The shooting represents a major blow to Mexico's tourism industry, which has been one of the few bright spots in the economy thanks to a weak peso exchange rate.

Pech added that 15 people were injured, of whom 10 are still in the hospital. The state government said in a statement that one person was in grave condition. Four people were arrested on suspicion of being involved in the incident.

Pech said two of the dead were BPM security workers but the festival said in a statement that three members of their security team were killed. BPM said the shooting was carried out by a lone shooter.

Quintana Roo and the surrounding Yucatan peninsula have traditionally been less violent than other parts of Mexico, with relatively low murder rates. However, with many foreign tourists and a vibrant nightlife scene, there has long been an important local drug market in and around Playa Del Carmen. REUTERS

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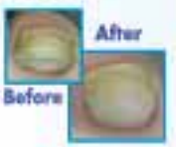

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Unlike comparable U.S., Canadian, and other world silver coins whose designs don't change, each years' legal tender China Silver Panda features a new, one-year-only design. This leads many to seek out each and every year for their beauty and collectability.

Historic First Ever Release

After three decades of success, the 2017 China Silver Panda marks the second year of a ***whole new era***! For years, demand for gram-weighted coins had been building from buyers in Asian and world markets. Now, for only the second time in the history of the series, China Silver Panda coins have been issued in the new 30 gram size. Imagine the reaction if a classic car manufacturer were to suddenly make a drastic change to one of their most recognizable models.

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Last year's first-ever gram weight issue resulted in a massive market surge in demand—so much so that the total mintage of this year's 30 Gram Silver Pandas was increased by two million! In the face of surging demand, this official 2017 issue is your "gift from China." But even with an increased mintage, these precious silver gifts may not last for long!

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Trump's student loan Repayment Plan vs. Obama's REPAYE

Which one is better?

NerdWallet is a personal finance website.

Americans with federal student loan debt stand to pay more each month with President-elect Donald Trump's proposal than by enrolling in the Obama administration's most widely available income-driven repayment plan, Revised Pay As You Earn, according to an analysis by NerdWallet. However, Trump's proposal could forgive loans sooner, which would help borrowers with lower incomes.

Borrowers with federal student loans are set up with a standard 10-year plan of equal payments each month. It's the fastest way to repay the debt while keeping interest costs down. But for those struggling with their debt, income-driven plans are an option that caps monthly payments at a percentage of a borrower's income while also extending the loan term to 20 or 25 years.

Cap on payments

In an October speech, Trump outlined his higher education reform proposals, including an income-driven student loan repayment plan, which would cap payments at 12.5% of a borrower's income. Trump's plan resembles REPAYE, the most widely available income-driven repayment plan, which caps payments at 10% of a borrower's discretionary income, as calculated by the federal government. It isn't clear if Trump's plan would apply to discretionary or all income.

Trump also introduced a loan forgiveness proposal that would dismiss a borrower's remaining debt after 15 years. Currently, borrowers who make regular payments on undergraduate loans taken out on or after July 1, 2014, would see that debt forgiven after 20 years. Those who borrowed before that time would wait 25 years for loan forgiveness.

To compare Trump's proposal and REPAYE, NerdWallet calculated repayment scenarios for three categories of borrowers with different incomes. Our calculations assumed student loan debt for borrowers at $30,100, the 2015 class average.

ANNA HELHOSKI/ NERDWALLET

This is what's potentially instore for your student loan debt. ISTOCK

Key findings

In each income scenario, borrowers would pay more each month under Trump's proposal than they would if they enrolled in the current REPAYE plan. Borrowers with incomes of $40,000 would pay the most each month with Trump's proposal: a difference of $43 a month compared with REPAYE. Only borrowers with an income of $20,000 would see part of their debt forgiven under REPAYE or Trump's proposal. Borrowers with higher incomes would have paid off their loans before the forgiveness timeline kicks in for either repayment plan.

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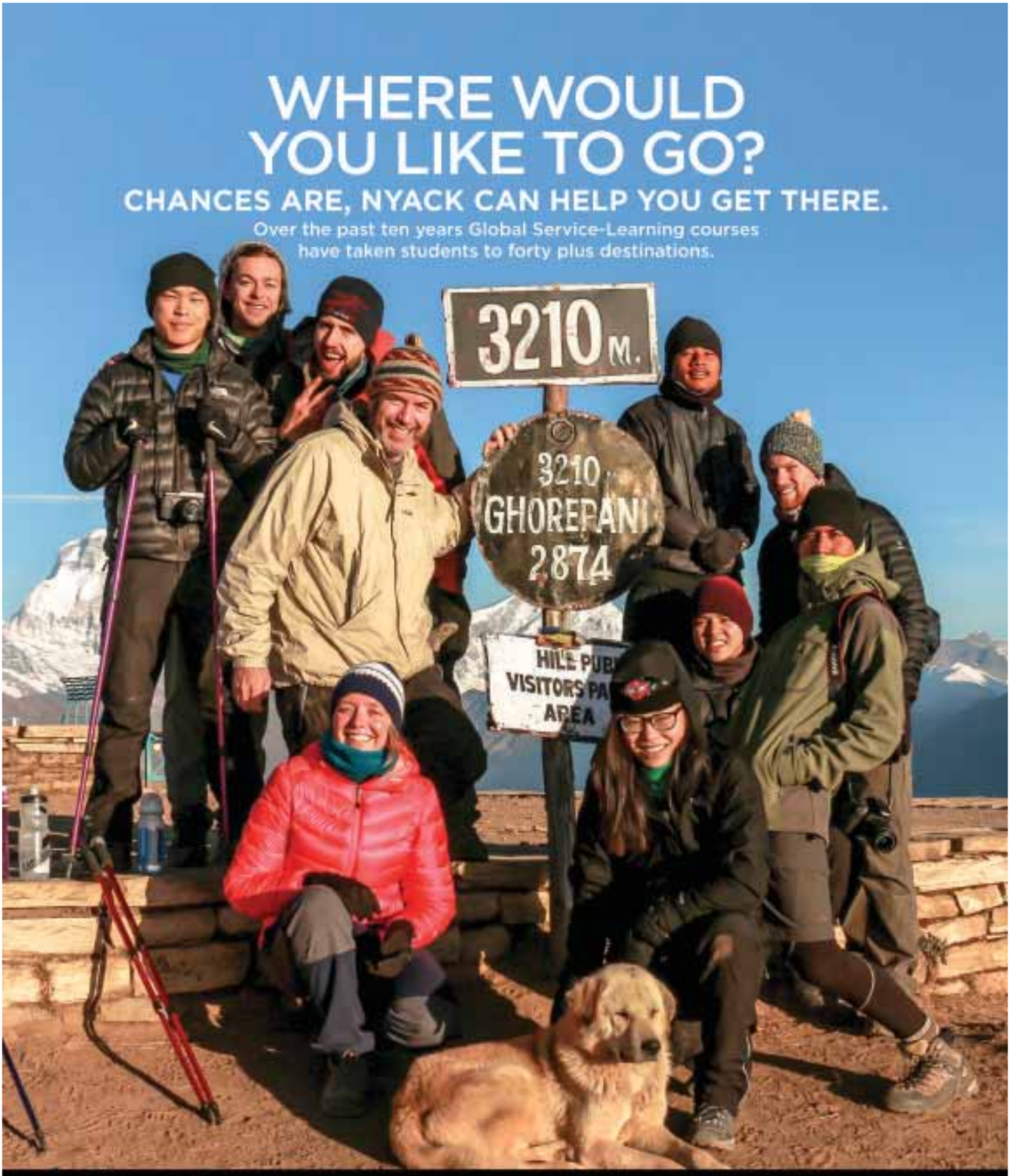

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the word

Is Ariana Grande engaged?

They were "side by side" in the steamiest music video of 2016, but are Ariana Grande and boyfriend Mac Miller ready to make it official?

Grande, 23, and Miller, 24, have only been dating (Instagram officially, anyway) since early September, but some new snaps on her Instagram have sparked engagement rumors. On Sunday, the "Into You" singer posed in a black leotard, fishnet stockings and high heels — and a diamond sparkler on her left ring finger.

ALL PHOTOS GETTY IMAGES

Given that Grande often uses her Instagram to share big news with her fans rather than the usual gossip channels, this could be legit. And the pair fairly set the internet on fire last year with their video for their duet, "My Favorite Part," which Miller has said was inspired by her.

Grande is about to set off on her "Dangerous Woman" tour, too, and a promise like that would go a long way to help them cope with being apart. They may be young, but when it's right, it's right.

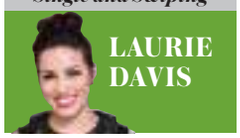
Suki Waterhouse and Diego Luna might be dating

Seems that former Bradley Cooper flame Suki Waterhouse has had enough of "silver linings" and is all about "The Force" these days. TMZ posted photos of the 25-year-old canoodling in paradise with "Rogue One" star Diego Luna on a recent trip to Tulum, Mexico.

The 37-year-old actor and Suki recently co-starred in cannibal thriller "The Bad Batch" alongside Jim Carrey, Keanu Reeves, Jason Momoa and Giovanni Ribisi. No word on when the relationship kicked off or if they're even official, and the Tulum Instagram posts from the Brit "it girl" model are currently Diego-free. But thanks to those privacy-violating paps — you can't say, "Pics or it didn't happen."

How not to break your resolution for love

Single and Swiping



LAURIE DAVIS

One of the most popular New Year's resolutions is to make a romantic connection with someone.

Often resolutions are executed with force. There are goals set and metrics to be met. But when it comes to love, that doesn't work. You're not trying to lose weight — you're looking for a partner. This resolution is unlike the others.

Don't give up on love or your resolution before the year is over. PIXABAY

Here's how to approach finding love in the new year:

Don't set a deadline

One of the ways that people use "force" is by setting a timeline. It could be a goal you say out loud, or perhaps something you've just daydreamed about like, "I want to meet someone by my birthday." But either way, the timeline is set. What happens is the closer you get to the deadline, the more anxious you feel. And when you're anxious about love, your behaviors change and it curbs your potential. For example, you may get clingier or try to speed up the pace of a relationship — leaving your date more likely to bail. Remember that love can't be scheduled. The only thing in your control are the actions you take and connections you create.

Create consistency

After helping hundreds of people find love, the one thing I've found that will help you meet the right person is consistency in your actions. For example: Message 10 new people a week, or swipe for 15 minutes per day. Often, we are so passionate about our resolution that we burn out on it in one or two months. So make it sustainable — something you won't have to give up on part way through the year if you haven't met someone yet. Consistency in your actions creates consistency in your dates. And all of that energy turns into momentum toward meeting the one.

Revisit your "why"

Many resolutions lose steam when we lose touch with why it was important to us in January. So ask yourself now: Why is this something you chose? Check-in with yourself throughout the year so you don't end up setting this same intention come 2018.

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Chris Messina bulks up

The actor talks about what it was like to gain 40 pounds for "Live by Night."

MATT PRIGGE
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In Ben Affleck's "Live by Night," Chris Messina gets to do something he's never done before: Play a cackling, trigger-happy gangster. Messina's Dion is the right-hand man of Affleck's Joe Coughlin, a WWI veteran-turned-bootlegger who finds himself creating a rum empire in 1920s Tampa. Messina knows you usually see him as a decent guy, whether in "Argo," "Julie & Julia" or on "The Mindy Project." That's why he was so stoked to get a Tommy gun — and gain some 40 pounds for the role.

You wouldn't think from the roles you've played that you were hoping to be Cagney or De Niro.

Most of my career I've been cast as a nice guy. It was nice that a director had some creativity and said, "You know, there are other sides to this actor."

You've played a couple unlikable or sometimes mean characters before.

But I'm always mean in a white-collar, Republican way, at least in the bigger movies. But this is a big one. I get a Tommy gun, you know?

You also gained 40 pounds for the role.

The character in the book is described as "round."

GETTY IMAGES

He's a big guy. I thought I should be heavy next to Ben Affleck, who's really tall and wide-shouldered. I couldn't make myself taller. So I gained weight. I went to a camera test and he saw that I gained weight. He loved it. I wanted to make him happy, so I went further. At the end of the film I was 202 pounds. As a wrap gift he paid for a trainer to help me lose it.

Put side by side, you two almost look like Laurel and Hardy.

That's what I was thinking. I was also looking at Capone and that look. It goes with the idea that those gangsters thought, "I'm gonna eat what I want to eat, I'm gonna drink what I want to drink. I'm gonna smoke cigars, I'm gonna drive the cars, I'm gonna get the ladies." The only problem is we had a few additional shots after we wrapped, so I had to get a fat suit. When I was fat, it affected the way I walked. I carried my gait differently. I was out of breath a lot. All that stuff I loved. Then with the fat suit I just didn't feel like the character.

Chris Messina gained a lot of weight to play Dion, the tommygun-wielding right-hand man of Ben Affleck's gangster in "Live by Night," now in theaters. WARNER BROS. PICTURES

It sounds like it was fun to gain all that weight.

It was four months of beers, pizza, pasta, ice cream and french fries. When I was at work I was respected, I was placed on a pedestal. And then when I was dropping off my kids at school, I was looked at like, "What happened?" [Laughs] I felt kind of gross at school; at work, I felt proud.

Did your body totally rebel against you afterwards?

My stomach was shattered for months afterward. But you know, I'm a pretty skinny guy. My body just wants to be skinny. My body is like, "This is where we like you."

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Never mind the nostalgia

The guitarist of the Sex Pistols — the first and most notorious punk band — has a candid new memoir.

A.D. AMOROSI
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From left, Sid Vicious, Paul Cook, Johnny Rotten and Steve Jones as the Sex Pistols VIRGINIA TURBETT, REDFERNS

If you go

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Wed., Jan. 18, 7 p.m.
Book Revue, 313 New York Ave., Huntington
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If ever there was a musician who can say, "I did it first," it is the Sex Pistols' Steve Jones.

The cocksure guitarist — with Johnny Rotten, the late Sid Vicious and various other members — kicked off the British punk movement with the singles "Anarchy in the U.K." (1976) and "God Save the Queen" (1977), which both appeared on their single full-length album, "Never Mind the Bollocks, Here's the Sex Pistols."

Since the Pistols broke up after just two-and-a-half years in 1978, Jones has played guitar for Iggy Pop, appeared in the Showtime series "Californification" and currently hosts a radio show on LA's KLOS 95.5 FM. He's also penned a long-awaited autobiography, "Lonely Boy: Tales of a Sex Pistol" in which he discusses, along with music and mayhem, his multiple chemical addictions, abusive childhood, kleptomania and how he conquered it all.

How would you describe the impact of the Sex Pistols?

Well, it all came from us, right, punk? We did one album and I don't think there's another one like that that had so much meaning. Or impact. Definitely it was one of those albums and one of those times that shifted gears from the norm. I'm proud to have been a part of that, for sure.

It's pretty clear from "Lonely Boy" that you don't yearn for the old days.

I'm just not a nostalgic guy about anything. I just want to move forward, really. I don't get attached to things. I sell everything that I have. My relationships are brief except for those with my closest oldest friends, I'm just not Mr. Nostalgia, all right?

Who do you think, musically, shares the rebellious edge the Pistols had?

I mean, there are good punk and bad punk bands, new and old. I've interviewed Pete Townsend and Iggy Pop on the radio show. I still love my old Eddie Cochran records.

In the book, you talk about hooking up with Chrissie Hynde of The Pretenders and bandmate Sid Vicious' notorious girlfriend, Nancy Spungen. What do you recall about them?

Chrissie's in the book. Nancy — just bad vibes really, just bad vibes, man. She was pushy. She wanted to be famous. She was hard, with nothing to offer. She was not someone you really wanted to hang out with. Yet, I'm sure that underneath all that bullshit, there was a sweet girl somewhere. She just seemed like such a lost soul who wanted to do something with her life in an odd way. She was obviously damaged — like me — more so than most, though. She brought this weird energy to every situation, and Sid just gravitated to her. It was the heroin that was the worst part of them.

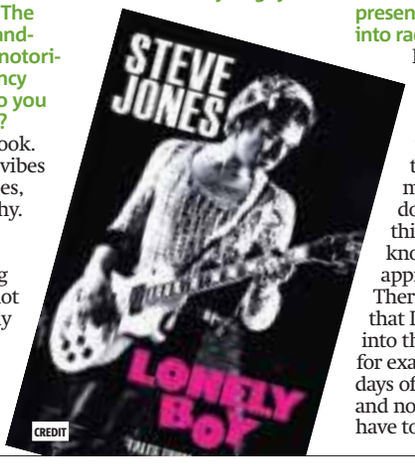
Malcolm McClaren was the Pistols' manager, who notoriously stole money from you guys.

Yet, you have a soft spot for him in the book, why?

Malcolm was not everybody's cup of tea, but he was lovely to me and intelligent, too, a real intellectual. What I liked is that he showed me a different side to life that I never knew prior to that. He was my buddy long before the Pistols started. I know that Malcolm effed things up and the money went missing, but so what? I have a hard time NOT being a fan of his.

Fast-forwarding to the present, why did you go into radio?

It was an accident, a fluke; I got asked, I answered, and people responded to it. That's what made me keep on doing it. Half the thing with me is that knowing people dig it, appreciate what I do. There are plenty of days that I don't want to go into the station — today, for example. I had four days off for the holiday and now it's, "Oh, f—, I have to get it up for that."



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Each week, I'm going to pick three places to check out. They're totally subjective and occasionally political, just like New York's dining scene. EVA KIS

Coffeemania

This Moscow chain just opened its first international location next to Bryant Park, and its name doesn't do justice to what's inside. It started in 2011 as an artisanal coffee shop — its signature Raf Coffee ($7) certainly makes an art of melted ice cream — then moved into the food world. The NYC menu was designed by Anissa and Morimoto alum Titus Wang, though the only theme to the food is "trendy," which means anything from wagyu carpaccio ($22) to borsch ($12), a Cuban sandwich ($18) and a showstopping seared duck ($32). But Wang manages to tie it together with the flavors of his Taiwanese background and French culinary training.
1065 Ave. of the Americas

Allora Ristorante

Food gimmicks have become a fact of restaurant life — times are tough. But the "Lady and the Tramp" pasta at the newly opened Allora Ristorante is actually a classic dish that just happens to be crazy fun, too. Midtown's upscale Italian spot is the first in the city to serve Maccherino alla Mugnaia, a 30-foot-long(!) pasta dish made with a single, thick strand of spaghetto served with a red meat sauce of lamb, beef and pork, topped with 30 miniature meatballs. The dish is $45 and serves as many as four people, if that's your romantic situation, and comes out on a wooden board with shears for easier eating.
Bernic Hotel, 145 E. 47th St.

Minton's

Harlem's celebrated restaurant The Cecil is now a private-event space, but chef Joseph "JJ" Johnson is not without a kitchen. The owners also run the reincarnated Minton's jazz club next door, which now has a food menu to pair with its live music. Johnson, who's done much to put Harlem on the city's foodie map with his African-fusion cooking, is bringing over some of the favorites from his old menu (gumbo, oxtail dumplings), joined by new dishes like braised pork shank with coconut grits ($28) and short rib toast ($13). Minton's is now open Wednesday-Sunday instead of just weekends, with no cover except for special performances.
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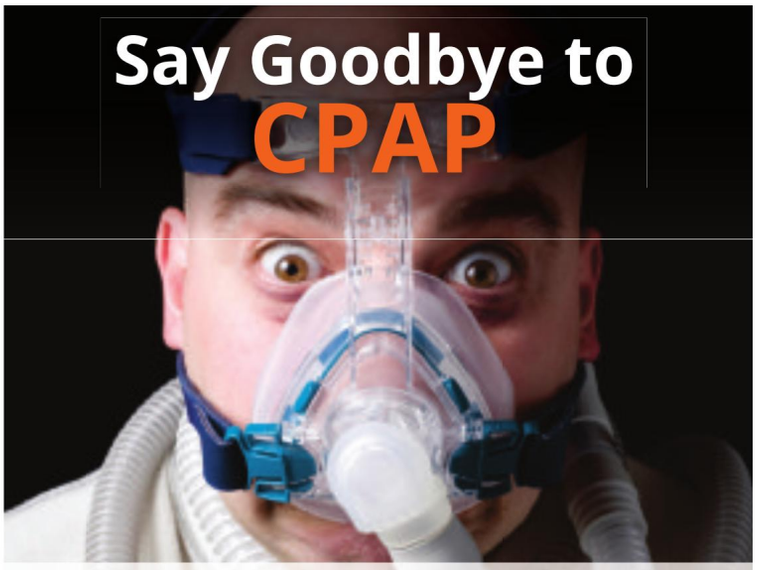

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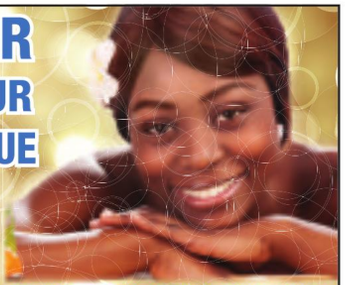

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·Knee Pain·

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The ImaxShift workout entertains riders as they spin

Our health editor hops on an exercise bike to get lit with Beyonce.

KATE MOONEY
@yatinbrooklyn
kate.mooney@metro.us

SoulCycle is so 2016. At ImaxShift, the spinning trend goes to the big screen.

I'm a runner who takes the occasional yoga class, but when I heard about a new workout pairing indoor cycling with Imax, I was too curious not to try it out.

On a recent Monday night, I headed to ImaxShift, a studio in DUMBO which is currently offering a "pay the day" promotion for the month of January — $9 for a class on Jan. 9, $10 on Jan. 10, and so on.

Themed rides range from "Drake vs. the Weeknd" dueling music videos to a signature class of aerial flyovers and sunset views. I took the "Music Video Ride," which had us cycling through jams from Diplo to Canadian rapper PartyNextDoor.

Our instructor, Emma, kicked off the 45-minute session with a rallying cry: "It's music-video Monday, we're about to get lit!"

She wasn't wrong. The dark theater, packed with riders sweatin' to bumpin' hip-hop beats, quickly conjured a nightclub vibe. The concept: You're so immersed in what's happening on the big screen, you won't dwell on the fact that your legs are burning.

"You're able to get people to focus outside of the workout itself," explains CEO Bryan Marcovici. "They're not thinking about their day, or if [the workout] is painful; they're able to focus on the distractive effect of 'What am I watching? What comes next?'"

Yes and no, in my experience. When Beyonce emerged in "Hold Up," she appeared as a kind of larger-than-life fairy godmother, easing my strained glutes (at least psychologically); but when she bashes open that fire hydrant with her baseball bat, it pained me that I couldn't douse my sweaty head in the gushing stream of water.

Similarly, it seemed unfair that Diplo was generously pouring maple syrup on a stack of pancakes in "Set Me Free (featuring Liz)" when I hadn't even had dinner yet.

If you feel like pedaling at a resistance of "3" while lip-synching along to Chainsmokers, like a lazy teenager on a stationary bike in her parents' basement, go for it.

And when Rae Sremmurd hit the screen with "Black Beatles," nobody stopped to do the Mannequin Challenge.

But the beauty of the workout is that you can make it as challenging or breezy as you want it to be. If you feel like pedaling at a resistance of "3" while lip-synching along to Chainsmokers, like a lazy teenager on a stationary bike in her parents' basement, go for it. Or, if you want to stand-up cycle at a breakneck pace, sweating profusely and matching Drake beat for beat when he turns it up in "Hotline Bling," that works too. (For the record, I was somewhere in between the two).

You can monitor your progress by opting to have a stat report emailed to you, detailing your average RPM — revolutions per minute—calories burned, average resistance, and more.

While I'll likely stick to my current yoga/running exercise regime, the spinning sesh did show me that I could stand to build up my leg muscles—and I should probably listen to more top 40 jams.

As I walked to the train, DUMBO's picturesque waterfront behind me, my endorphins were buzzing, and I had decided that Drake is actually pretty cute. Not bad for a Monday night.

Do you experience anxiety at work?

Seven-tenths of your life will be spent working—here are solutions to bring stability and sanity to the workplace.

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A winter hat will keep you warm and stylish. **ALL IMAGES PROVIDED**

Putting athleisure to work

Philly stylist Alisa Frederico gives us tips on making the trend office-friendly.

JENNIFER LOGUE
@jenniferlogue
jennifer.logue@metro.us

In case you haven't noticed, athleisure — casual items like yoga pants, sweatshirts and sneakers serving a purpose beyond getting a great workout — has taken over. But how do you dress up this trend for a fashion-forward look at work? Stylist Alisa Frederico, who runs the brand Dressing Jane, gives us tips on the do's and don'ts of incorporating athleisure into your professional wardrobe.

Find out the rules of your workplace

Every workplace is different, and you need to identify how strict your office dress code is. "If you work in a super-stuffy environment, this trend may not be possible," says Frederico. "If you work in a more open environment, you can get away with incorporating leggings and slouchy tees with a cute sneaker."

Leggings are not a replacement for trousers

Your leggings need to be of quality because if they're too thin, you might as well be wearing stockings. Frederico advises that for the office, dark solid colors are ideal. "Black, dark gray, burgundy. Don't wear wild workout pants in a professional environment," she says. "Also, make sure your bum is covered" with something like a long sweater or blazer.

Strike a balance between casual and structured

To make athleisure work for the office, it's important that you keep the look grounded by pairing it with something dressier. "I love doing a sweatshirt with a pencil skirt," says Frederico. "You can even put a blouse underneath a casual sweatshirt."

Accessories play a huge part

Think you're finished once you've layered your clothes? Think again. "You need great jewelry to look polished," Frederico says. "Make sure you have a killer necklace on and a pair of earrings." And if you're the kind of person who is constantly cold, wearing hats is another option. "Slouchy beanies and pom hats are a great way to add to the look," she adds.

Keep your footwear clean

Wearing your everyday gym sneakers to the office is a definite don't. "If you're going to do a trainer or a little sneaker, it should be clean and new — not the pair you just hiked 9 miles in," Frederico says. "I love the Adidas Gazelle. They come in a range of colors and add sleek comfort."

For more style tips, be sure to follow Alisa on Instagram @dressing_jane.

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How to build a personal brand

Tips for standing out in today's extremely competitive marketplace

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In today's increasingly competitive digital climate, building a personal brand — essentially, a professional reputation— has become more important than ever.

"We're now competing for jobs with people who live halfway around the world because the work environment allows us to be virtual," says William Arruda, a personal-branding consultant and the founder of Reach Personal Branding.

If you want to advance your career, he explains, you really need to define and communicate your "unique promise of value."

We spoke to Arruda for some tips on getting started.

Define your brand

In today's digital age, having a personal brand is vital. ISTOCK

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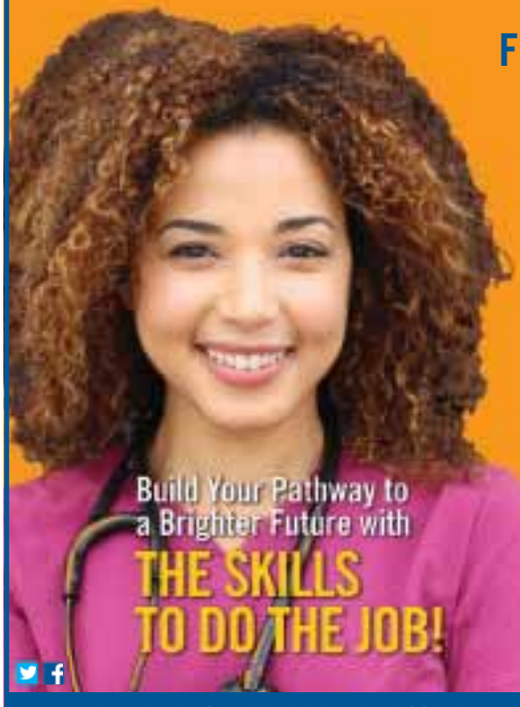

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Much of the initial process of discovering your brand comes from cultivating information from those around you, says Arruda. He says a good way to begin is by asking people questions like, "What three words would you use to describe me?" or "What do you think is my greatest strength?" and looking for common themes that emerge.

Introductions can also help to clarify your specific brand attributes, he explains. Someone might say, "This is the most creative person we have on our team" or "This is the most buttoned-up person we've ever worked with — she's on top of every detail." In the end, defining your brand can be boiled down to recognizing what is authentic to you, what differentiates you from everyone else who does what you do.

ISTOCK

Tell your story

Whether you're building a website, or crafting your LinkedIn bio, you must be able to tell your story in a way that captivates people and makes them interested in you, says Arruda. This means elaborating not only on what you've done but who you are. "You want to focus on your strengths — what are the things that make you better than anyone else — and be able to provide examples of what they are and why they make you so great," he says.

You also need to have a distinct point of view. "It's not good enough to say you're really good at customer service," says Arruda. "What's your point of view around customer service? Is it that the customer is always right?" While you're bound to have people who connect with you, there will also be people who might not. "That's one of the scary things about personal branding — it's not about pleasing all of the people; it's about taking a stand and connecting with those people for whom that stand you take resonates."

Target your audience

"Personal branding is not about being famous, it's about being selectively famous," says Arruda. "You need to make sure that the people who need to know you, know you, and that you're always visible to them." If your target audience frequently uses LinkedIn, or they prefer Twitter or Facebook, then you need to make sure that you build your profile and your visibility on those sites, he says. The idea is to meet them where they are not only in the virtual world, in the real world, too. Ask yourself, "What conferences do they go to? What associations do they belong to?" Then actively integrate yourself into their world.

Evolve as you go

Throughout the process, it's important to take a step back and ask yourself if what you're doing is actually working and bringing you closer to your ultimate goal, says Arruda.

If not, then it's time to refine your strategies. "It might be that your point of view isn't clear to others and so they're not connected with you. Or maybe the places that you've decided to be visible, the organizations that you belong to or the places that you post content on the web are not the ideal places where your clients are," he says. In the end, a strong personal brand is constantly evolving, so it's important to keep tweaking as you go.

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Skills like critical thinking, analysis, and creativity are increasingly important in today's job market.
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The case for a liberal-arts degree

Debunking the myth of the burger-flipping philosophy major.

SARA FEINSTEIN
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With the consistent invocation that STEM careers hold the key to our nation's future, the liberal arts degree has become branded as a useless and overpriced luxury — one that leaves students ill prepared to enter the workforce.

Republicans like Kentucky Gov. Matt Bevin have gone so far as to suggest the defunding of liberal-arts majors. Instead, the trend is that students be trained solely in the more elite and promising fields that make up the core of STEM: science, technology, engineering and mathematics.

And while the idea might be gaining momentum among the political elite, it's entirely unfounded, explains Lynn Pasquerella, president of the Association for American Colleges and Universities.

"It's the false narrative that's created around English majors working at Starbucks or flipping burgers that we have to get rid of," she explains.

In fact, the core skills liberal-arts students acquire have never been more relevant to the job market.

A 2015 study by Burning Glass Technologies analyzed 25 million online job postings and found the highest demand by employers across all fields was for skills like writing, research, analysis critical thinking and creativity — essentially, the core tenets of liberal arts. Even for information technology jobs, a field most representative of STEM, communication and writing were the most sought-after soft skills.

In fact, a liberal-arts background is not only presently in demand — it represents a broad and portable skill set for the future, says Eric Jensen, director of the Frank Aydelotte Foundation for the Advancement of the Liberal Arts.

"We know that people don't stay with the same job for as long as they used to," he explains. "And so having these strong skills that aren't tied to one specific job definitely serves people well."

Plus, with automatization only increasing, so many of the jobs that we're training the next generation for will be replaceable by technology, says Pasquerella.

But while computers might surpass humans in speed and accuracy, they'll never be able to mirror their creative, innovative and social skills.

"We need a workforce that is going to be able to deal with a world's unscripted problems and not just come up with solutions to problems which we already have the answers," says Pasquerella. "So how do we anticipate the needs of the future — those unscripted problems — and prepare students for that? It's only through a liberal arts education."

wellbeing

A beginner's guide to self-care

Learn how to be good to yourself in 2017.

KATE MOONEY
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Find your chill in 2017; it's essential to your health and wellbeing. ISTOCK

"Self-care" has been a buzzword in the wellness and lifestyle community for some time now, especially on social media, where the hashtag accompanies Goop-esque photos of scented candles, yoga poses and acai bowls. This depiction makes it easy to write it off as fluff — an indulgence for those who have privilege and too much time on their hands.

But in this moment of high anxiety, with the threat of political worst-case scenarios and the loss of affordable health-care becoming a reality, learning to take care of yourself has become essential.

So why does a concept that should be intuitive perplex so many of us?

"Most folks hear 'self-care' and think 'I can't afford to take a week off right now' or 'a bubble bath isn't going to solve my problems'," says Melissa Fabello, a body-acceptance activist and writer based in Philadelphia. But they're overthinking it. As she puts it, self-care is "simply making it a priority in your life to take care of your physical, mental and spiritual health."

There's your new year's resolution, handed to you. Now, how do you get started?

Find your happy place

The first step to practicing self-care is figuring out what makes you feel good, from how you spend your time, to the people you surround yourself with. And those things will be unique to you.

"If you know that a used bookstore on a Sunday morning sounds like heaven to you, make more time to go!" says Fabello. "If you know that old friend Suzie brings negative energy into your day, don't answer her phone calls as often."

Develop a better response to stress

Learn to identify the signs of high anxiety and how to address them. If you notice your chest tightening up or your hands getting clammy, stop what you're doing and take a moment to ground yourself, says Fabello. And that doesn't mean leaving your desk to take a 45-minute yoga class.

"Do something small that resets you so you can come back to the task at hand in a state of mind that allows you to work through the [stress] instead of trying to force yourself through it to the point of tears," she suggests.

That could be as simple as remembering to breathe. "One of the best practices to take care of yourself and your body is to simply deepen your breath, pause, and feel it," says Joanna Andreae, a holistic-health coach and guided-meditation teacher. The best part is that it doesn't take long, and you can do it anywhere.

"Breathe deeply for three minutes on your commute," she suggests, or "take a few moments to feel the expansion and contraction of a deep breath in bed before going to sleep."

Make time for reflection

"I always recommend people journal in some capacity," says Andreae. If you never got into the habit, or the last time was when you were writing "Dear Diary" in grade school, Andreae suggests starting small with a gratitude journal. "Every AM (or PM) while brushing your teeth, jot down three things you're grateful for," she says. "Eventually, this practice shifts your mind-set to a much more positive place."

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Knicks dreams of playoff contention have given way to nightmare season

The Knicks have lost five of their last six.

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Derrick Rose can't get a last-second shot to fall Monday afternoon at the Garden. GETTY IMAGES

As is their annual tradition, the Knicks had the honor of playing on Dr. Martin Luther King Jr. Day. But of all the participants, their dream of being a legitimate postseason contender is slowing turning into a nightmare.

Of the 18 teams that played Monday, New York's playoff odds aren't the longest, but the way their fortunes have changed in such a small amount of time just makes it seem that way. The recent turn of events have been very disappointing for a team that Derrick Rose once compared to a true super team like the Golden State Warriors. The 14-10 mark in mid-December, when the Knicks were among the top-four teams in the Eastern Conference, seems so long ago.

Head coach Jeff Hornacek has hinted that he will try to shake up the lineup and see if guys who aren't accustomed to extended minutes can provide a spark. He'll need to do something quick, because New York starts a stretch of games that could make or break their season. Sunday's 116-101 loss to Toronto and Monday's 108-107 loss to Atlanta kicked off an 18-day period of 11 games. The Knicks (18-24) are currently sitting at 11th in the East.

The Knicks have no identity, and little consistency from their star players — and the nagging Achilles injury that Kristaps Porzingis is dealing with doesn't help matters.

The Latvian sensation missed a chunk of time to start the month and was seen airballing a corner 3-pointer that would've sealed a win over the putrid Philadelphia 76ers last week. Although he wouldn't admit it, it's hard to fathom that the Achilles didn't affect Porzingis' lift on that ill-fated jumper.

Carmelo Anthony and company actually responded well to the Philadelphia heartbreak last week and played exceptionally well just one day later. The Bulls game was one of the Knicks' best all-around performances of the season — and definitely in a long time.

If the veteran stars and ascending youngsters can duplicate those results — and Porzingis can finally get healthy — the Knicks just may be able to climb back into the conference race. But if not, their playoff aspirations will all be just a dream.

Knicks notes

The Knicks lost their second straight game on Monday, fallin 108-107, to the Hawks at Madison Square Garden. Derrick Rose, Carmelo Anthony and Joakim Noah all had shots at a game-winner in the closing seconds of the Martin Luther King Jr. Day matinee, but none were able to convert. Carmelo Anthony scored 30 points in the loss. Kristaps Porzingis did not play again due to his Achilles injury. The Knicks will now face the Celtics in Boston on Wednesday (7:30 p.m., MSG).

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‘I’M RON BAKER???’

Sports has never been more entwined with entertainment, so if you’re a sports franchise that’s going nowhere in the standings — why not give the people what they want? Knicks reserve guard Ron Baker, who looks like a Von Erich brother from 1980s Texas pro wrestling, has become a fan favorite at MSG and a favorite in the Knicks’ locker room. He even cracked the starting lineup Monday.

The former Wichita State guard seems like he has the green light to shoot whenever he wants now, so let’s get a Lin-sanity style streak going with Ron — victories be damned. Carmelo Anthony seems to be onboard, as he deadpanned Ron’s locker room nickname during a halftime interview Monday.

“[Ron] Burgundy came in, played great minutes as a starter today,” Carmelo said.

DAD TO THE DEFENSE

Sixers center Jahlil Okafor will likely be traded at some point in 2017 due to the phenomenon that is Joel Embiid. Okafor was the No. 3 overall pick in the draft just 19 months ago, but no one these days is excited to see him play. A 76ers blogger tweeted out Saturday night, “Imagine taking a bus for two hours only to see Jahlil Okafor start.” Okafor’s dad, Chukwudi, was apparently doing searches for his son’s name at the time, and quickly replied to the blogger via tweet: “Imagine me slapping the s— out of you.”

ALL PHOTOS GETTY IMAGES

ROGER THE DODGER

Avoiding awkwardness is a great life skill, but NFL commish Roger Goodell is getting way too good at it. Goodell, who used to be a regular at Gillette Stadium, hasn’t returned to the scene of the non-crime of deflated footballs in two years. He was at the Georgia Dome this past weekend to watch Falcons-Seahawks as he always shows up at stadiums during the playoffs. The thing is, though, he never goes to the same stadium in back-to-back weeks. With the NFC title game in Atlanta, it would seem the circumstances are in place for the NFL boss to return to Foxboro this coming Sunday.

At this point, the guy should just own it and hand-deliver properly inflated footballs to the Patriots’ sideline just before the game as Kelis’ “Bossy” blares from the PA system.

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NOTICE OF SALE
SUPREME COURT COUNTY OF QUEENS, U.S. BANK NATIONAL ASSOCIATION NOT IN ITS INDIVIDUAL CAPACITY, BUT SOLEY AS LEGAL TITLE TRUSTEE FOR LVS TITLE TRUST I, Plaintiff, vs. AKRAM SHAFI, ET AL., Defendant(s).

Pursuant to Judgment of Foreclosure and Sale duly filed on June 01, 2016, I, the undersigned Referee will sell at public auction at the Queens County Courthouse, Courtroom 25, 88-11 Sutphin Boulevard, Jamaica, NY on February 03, 2017 at 10:00 a.m., premises known as 139-12 87th Drive, Jamaica, NY. All that certain plot, piece or parcel of land, with the buildings and improvements thereon erected, situate, lying and being in the Borough of Queens, County of Queens, City and State of New York, Block 9698 and Lot 47. Approximate amount of judgment is $677,071.72 plus interest and costs. Premises will be sold subject to provision of filed Judgment Index # 9753/08.

Arthur Nicholas Terranova, Esq., Referee Knuckles, Komosinski & Manfro, LLP 565 Taxter Road, Ste. 590 Elmsford, NY 10523 Attorneys for Plaintiff

LEGAL NOTICES

NOTICE OF SALE
SUPREME COURT COUNTY OF QUEENS U.S. BANK TRUST, N.A. AS TRUSTEE FOR LSF9 MASTER PARTICIPATION TRUST, Plaintiff against ALAM KOWSAR, et al Defendant(s)

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William Mackey, Jr. Esq., Referee. Fein Such & Crane, LLP Attorney(s) for Plaintiff 28 East Main Street Rochester, N.Y. 14614.

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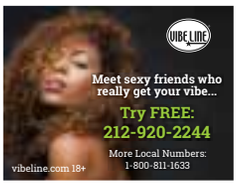

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PLAY OUR NEWS QUIZ, WIN $100! (see page 2)

metro.us/games

metro.us/crossword

Across

1 Go up in smoke
5 "Just the facts, --"
9 Skinflint
14 Toledo locale
15 Soul, to Pedro
16 Pierre's academy
17 Had an idea
19 Domain
20 Dernier --
21 Zenith
22 Mining tools
23 Makes unhappy
25 Swedish actress -- Olin
26 911 responder
27 Yelled
30 Leg of a race
33 Unisex garb
34 Nanny's pride and joy
36 Baha'i origin
37 Like dishwater
38 Astute
39 Objective
40 Europe's longest river
41 Panorama
42 Heat unit
44 Koan discipline
45 Large lot
46 Darning
50 Get out of debt
52 Ancient ointment
53 Billy -- Williams
54 Lox partner
55 Quacks
57 On -- -- (hot)
58 Cold-cuts seller
59 Crumbles up
60 Untidy
61 Yaks
62 What is more

Down

1 Autumn pears
2 Lieutenant under Kirk
3 Very strict
4 Fruitcake go-with
5 Stoneworkers
6 Low voices
7 Famous last word
8 Riled up
9 Soft wools
10 Polar buildup
11 Overcharge, slangily
12 Pipe fittings
13 "The One I Love" group
18 Us, to Pogo
22 Shaggy flower
24 "Dizzy" of baseball
25 City of lamaseries
27 Blocky heel
28 Really skimps
29 Slim down
30 Narrow inlet
31 Clapton of "Layla"
32 Buddhist monk
33 Eliza portrayer
35 Double helix
37 Excuse me!
38 Warmhearted
40 Outspokenly
41 Hawks
43 Coat feature
44 Focus on (2 wds.)
46 It may be tapped
47 High standard
48 Techies
49 Painter's primer
50 Scarce
51 Self-images
52 Ariz. neighbor
54 Comic-book thud
55 Bride's reply (2 wds.)
56 Edinburgh duo

metro.us/sudoku

easy

2				7			9	6
	1		4				5	
8	5	6		9				
		2	5			1		
			9	8	2			
		4			6	9		
				3		2	8	5
	9				4		7	
6	2			5				9

hard

	8	7					1	4
	1	3			6			
9		2	1	8				
	7				5			
3		4				2		9
			9				4	
				7	8	5		6
			6			4	2	
8	4					7	9	

metro.us/horoscopes

Aries Impulse can land you in a dangerous position. If you want to see things change, go about it the right way. Following protocol will enhance your chances of success.

Taurus You'll feel passionate about your beliefs. Your ability to be articulate and knowledgeable will attract followers. Speak up and take your place as a spokesperson.

Gemini Explore new avenues, but don't break the bank in order to do so. Taking time out for younger or older relatives will show how you can make a difference frugally.

Cancer An emotional situation at home will bring about an unexpected change to your lifestyle or finances. A unique approach to handling such situations is favored.

Leo With a little extra effort, you can reach your goal. A short trip or a visit with someone informative or encouraging will give you the boost you need to forge ahead.

Virgo Interact with people you can relate to. Make a point to share ideas. The results will be good for you as well as your associates.

Libra Emotions will surface, giving rise to confusion and difficulties communicating. Don't force issues. Go about your business and strive to reach personal goals.

Scorpio Take on a challenge that encourages you to strive to be your best. A physical change will turn out better than anticipated. Romance is featured.

Sagittarius Deception and disillusionment will be at the helm of a disruptive situation. Keep your dialogue simple and reflective of the facts, and avoid making assumptions.

Capricorn A sudden change should be looked at carefully, before you agree to comply or take action. Trust your instincts and take your time. Don't feel pressured.

Aquarius Don't overreact to what others say or do. Follow your heart and make the changes that suit your needs. An opportunity to make a financial move looks promising.

Pisces How you handle other people's affairs and questions will determine what you will be offered in return. Keep your suggestions straightforward and practical. EUGENIA LAST

Yesterday's answers

■	D	E	B	■	O	R	Z	O	■	C	O	O	P	■
D	U	T	Y	■	F	E	E	S	■	C	U	T	I	E
I	D	O	L	■	F	L	E	A	B	I	T	T	E	N
S	E	N	A	T	E	■	S	K	Y	■	L	O	D	E
■	■	■	W	A	R	M	■	A	T	T	Y	■	■	■
Q	U	E	S	T	I	O	N	■	E	V	I	C	T	S
U	S	N	■	A	N	T	E	S	■	S	N	A	R	E
A	U	N	T	■	G	I	A	N	T	■	G	R	E	W
D	R	U	I	D	■	F	R	I	E	D	■	E	V	E
S	P	I	C	E	D	■	S	P	L	E	N	D	I	D
■	■	■	K	L	E	E	■	S	E	R	E	■	■	■
C	O	A	L	■	U	T	E	■	G	R	U	M	P	S
C	A	M	E	L	S	H	A	I	R	■	R	E	A	M
S	H	O	R	E	■	O	R	C	A	■	A	N	N	A
■	U	R	S	A	■	S	L	I	M	■	L	U	G	■

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